

Whānau say

We are excited and a little scared. There's so much to think about.

It's early in the pregnancy – we are being careful and starting to make small changes to keep pēpi safe. What māmā eats and drinks is really important now.

We ask people we trust about this time and how it was for them. They share heaps with us, and we take on what is good for us and our growing pēpi.

We need to find out what choices are available for us for welcoming pēpi into our world:

- whānau tikanga
- home births
- water births
- hospitals
- traditional Māori birthing
- midwives
- doctors.

Keep calm, maybe by listening to waiata or music. Starting to find a new rhythm for you and pēpi is great at this early stage of your journey.



We found out that plenty of laughter during this time is good for pēpi and us.

We have started to kōrero more about our own whānau stories and the things that our whānau did during this time.

We are finding out about things that are good for māmā and pēpi, including:

- What sort of kai is good for us?
- What things should māmā avoid to keep pēpi safe?
- Being and living in a kāinga auahi kore (smokefree home).
- Whānau beliefs – for example, thoughts on getting a haircut or visiting the urupā during hapūtanga.



Kia maumahara whānau

- No question is silly.
- Ask your midwife or doctor anything you need to know about being hapū.
- Keep talking to friends and whānau.
- Don't be scared to ask for help.

This can be a happy time for you and pēpi. Make some time to share kōrero with people you trust and love.

